

TEMPO'S KERN

200M

- 10 km in 40-45 min: 45'-49' sec
- 10 km in 45-50 min: 50'-55' sec
- 10 km in 50-55 min: 56'-61' sec
- 10 km in 55-60 min: 62'-64' sec
- 10 km in 60 < min: 65'-70' sec

400M

- 10 km in 40-45 min: 1'32-1'42 min
- 10 km in 45-50 min: 1'43-1'54 min
- 10 km in 50-55 min: 1'55-2'06 min
- 10 km in 55-60 min: 2'07-2'17 min
- 10 km in 60 < min: 2'18-2'24 min

800M

- 10 km in 40-45 min: 3'15-3'36 min
- 10 km in 45-50 min: 3'37-4'00 min
- 10 km in 50-55 min: 4'01-4'25 min
- 10 km in 55-60 min: 4'25-4'49 min
- 10 km in 60 < min: 4'50-5'03 min

1000M

- 10 km in 40-45 min: 4'03-4'30 min
- 10 km in 45-50 min: 4'31-5'00 min
- 10 km in 50-55 min: 5'01-5'32 min
- 10 km in 55-60 min: 5'33-6'02 min
- 10 km in 60 < min: 6'03-6'18 min

TEMPO'S KERN

DL1

- 10 km in 40-45 min: 05:23-05:57 min
- 10 km in 45-50 min: 05:58-06:03 min
- 10 km in 50-55 min: 06:04-07:16 min
- 10 km in 55-60 min: 07:17-07:51 min
- 10 km in 60 < min: 07:51-08:45 min

DL2

- 10 km in 40-45 min: 04:57-05:27 min
- 10 km in 45-50 min: 05:28-05:33 min
- 10 km in 50-55 min: 05:34-06:40 min
- 10 km in 55-60 min: 06:41-07:13 min
- 10 km in 60 < min: 07:14-08:02 min

DL3

- 10 km in 40-45 min: 04:33-05:01 min
- 10 km in 45-50 min: 05:02-05:21 min
- 10 km in 50-55 min: 05:22-06:08 min
- 10 km in 55-60 min: 06:09-06:38 min
- 10 km in 60 < min: 06:39-07:23 min

DL4/TD

- 10 km in 40-45 min: 04:23-04:50 min
- 10 km in 45-50 min: 04:51-05:21 min
- 10 km in 50-55 min: 05:21-05:55 min
- 10 km in 55-60 min: 05:56-06:23 min
- 10 km in 60 < min: 06:24-07:07 min